

Kimchi



Stores for 3 months in fridge



30 minutes (excluding soaking & fermentation)



Autumn/ winter



Wombok, spring onions

INGREDIENTS:

- 1 x large wombok
- ¼ cup coarse salt
- 6 x spring onions
- 1 tbsp fresh ginger
- 4 x garlic cloves
- 1 x shallot, quartered (optional)
- 2–6 tbsp Korean chilli flakes
- 2 x tbsp fish sauce
(or use miso paste for vegan alternative)

Health tip: including fermented foods, like kimchi, in your diet a few days per week can be beneficial to your gut health.

METHOD:

1. Keep one outer wombok leaf aside. Halve the wombok lengthways, remove the firm core and quarter. Roughly cut in to 5cm pieces.
2. Place the wombok in large bowl, sprinkle with salt and toss. Cover the wombok with cold water and soak for 4-8 hours.
3. After soaking, drain the liquid (brine) into a separate bowl. Rinse well and gently press any excess brine out.
4. In a food processor, make the paste by combining garlic, ginger, Korean chilli flakes, shallot, spring onions and fish sauce (or miso).
5. Using gloves, toss the wombok in bowl with the paste and massage gently.
6. Pack mixture tightly into a mason jar (leave 1-2 inches of space at the top). Pour enough brine into the jar to cover the wombok.
7. Cover with the mixture with the leaf you saved, and press down. The leaf will help keep the mixture submerged.
8. Cover with a lid (placed on loosely) and place in a bowl to collect any overflow.
9. Leave in a cool and dark place to ferment for 3-5 days.
10. After 3 days, place in fridge. It will continue fermenting but at a much slower rate.

TIPS:

- *You can adjust the amount of chilli flakes to your taste or tolerance*
- *Kimchi makes a great addition to salads, poke bowls or Buddha bowls*
- *It can also be added to toasted sandwiches instead of tomato*

Share it with us!

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